



FREE CLINIC OF CULPEPER
CULPEPER SPORT & FITNESS
POWELL WELLNESS CENTER

Culpeper Wellness Foundation

COMMUNITY REPORT 2021



Healthy People in Healthy Communities

MISSION

To improve health and promote wellness in Culpeper, Madison and Orange counties.

VISION

Healthy people in healthy communities.



FREE CLINIC OF CULPEPER
CULPEPER SPORT & FITNESS
POWELL WELLNESS CENTER

Culpeper Wellness Foundation

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CULPEPER WELLNESS FOUNDATION, established in 2014, works to improve health and promote wellness in Culpeper, Madison and Orange counties. The Foundation operates the Free Clinic of Culpeper, Powell Wellness Center, and Culpeper Sport & Fitness and manages Piedmont Regional Dental Clinic. In addition, it collaborates with public and private entities to organize community level responses to issues that affect the health of our communities.

The Foundation is guided by a three-year strategic framework that was updated by its volunteer board of directors in 2020. The framework identifies the Foundation's major priorities for 2020–2023 as follows:

1. Address critical community mental health needs, especially, but not exclusively, through prevention
2. Strengthen our impact on positive youth development
3. Place continued emphasis on the prevention and treatment of chronic illnesses such as obesity and diabetes

DEAR FRIENDS,

The Foundation took BIG STEPS in 2021. The board of directors was forward-focused, making bold decisions and large investments in the health and wellness of our communities.

After moving the Foundation offices in late 2020 to our new building on Crossroad Parkway in Culpeper, we began renovations to transform the attached warehouse into a bright, new fitness center that would become home to the programming previously offered at Culpeper Sport & Fitness. We also began construction on a 17,000-square foot recreation center that includes two full-size, multipurpose sport courts, an activity room and a multi-sport simulator. Further, the board voted to purchase an adjacent 9-acre lot for future expansion.

The staff and board began a \$1.5 million capital campaign to help pay for this \$6 million project, and by year-end generous donors committed \$1.3 million including a \$500,000 naming gift from the PATH Foundation. The new PATH Recreation and Fitness Center will provide multigenerational fitness and recreation programs that are accessible to community members at all income levels.

While the new center will focus primarily on youth and families, Powell Wellness Center will continue to be dedicated to serving older adults and meeting the community's rehabilitation and medical fitness needs. Powell expanded its medical fitness programming and began a Rock Steady Boxing program designed for people with Parkinson's disease.

Throughout 2021 the Free Clinic of Culpeper provided excellent medical care to nearly 600 low income Culpeper adults, up 10% from 2020. In addition, the Foundation provided financial support to local organizations in Culpeper, Madison and Orange counties for efforts that align with our mission.

Lastly, the Foundation entered into a strategic partnership with the Piedmont Regional Dental Clinic (PRDC) in Orange to ensure the ongoing availability of dental care for low-income children and adults. The Hintermann Family Foundation gifted the dental clinic building to Culpeper Wellness Foundation and the Foundation committed to dedicate the staff and financial resources needed to support the mission of PRDC. Access to dental services and improved oral health care means fewer avoidable emergency room visits, lower health care costs and better overall health. In 2021, PRDC provided dental care for more than 3,000 people.

Culpeper Wellness Foundation is stronger than ever, affecting the lives of tens of thousands of people each year. But we aren't doing it alone ... everything we do is in partnership with others—nonprofits, municipalities, members, patients, generous donors and local businesses. We are better and stronger when we work together! Thank YOU for joining us on this exciting journey.

In health,

Debbie Bennett, Board Chair (2021) Shari Landry, President



FOUNDATION HIGHLIGHTS

- Voted **Culpeper's Best of the Best** nonprofit for the fourth year.
- Responded to community health and wellness needs with **grants totaling \$166,838** and **strategic initiatives totaling \$316,970**.
- Celebrated the opening of the playground designed for young children at Culpeper's **Rockwater Park**. This playground was funded by a \$67,000 grant in 2020.
- Commenced construction of our 27,000 square-foot **PATH Recreation & Fitness Center (PRFC)**. For the fitness section of the center, renovations began on an existing building at Crossroad Parkway in April. Groundbreaking took place in August for the recreation center and multisport gymnasium.
- Collaborated with many partners in the community to identify the needs of all ages that can be supported by PRFC.

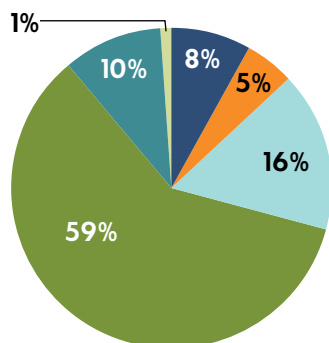


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2021 REVENUE

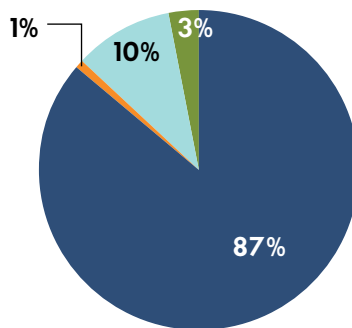
\$9,394,557



■ Allocation from Invested Funds
 ■ UVA Pledge Payment
 ■ Program Revenue
 ■ Grants and Contributions
 ■ Rental Income
 ■ Special Events

2021 EXPENSES

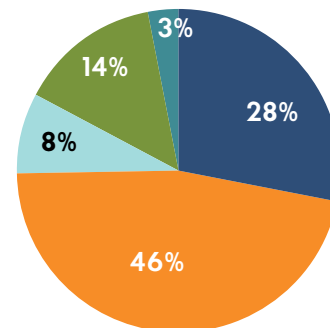
\$6,429,054



■ Program
 ■ Fundraising
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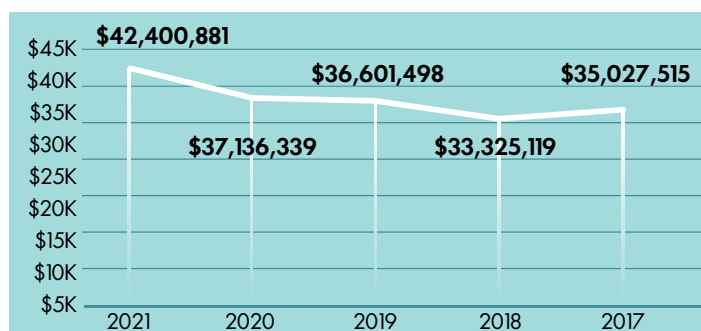
2021 EXPENSES BY ACTIVITY

\$6,429,054



■ Powell Wellness Center
 ■ Free Clinic
 ■ Culpeper Sport & Fitness
 ■ Culpeper Wellness Foundation
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NET ASSETS AT YEAR END





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FREE CLINIC OF CULPEPER

591 PATIENTS

2,206 medical visits valued at \$381,638

5,144 prescriptions valued at \$1,198,552

>\$1.5 million in medical care provided

22 average new patients each month

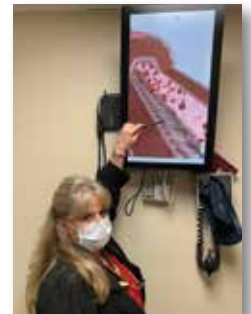
28 patients enrolled in Medicaid and transferred to local medical providers

HIGHLIGHTS

- Installed an ad-free media service in the waiting room to provide medical education and information for patients in English and Spanish.
- Installed touch screen tablets in the exam room to provide video and anatomy images to help inform and educate patients about their medical issues.
- Hired a temporary part-time staff person through a grant from the Northern Piedmont Community Foundation to coordinate patient referrals.
- Welcomed Germanna Community College nursing program students as interns.
- Held patient clinics offering flu vaccines, COVID vaccines, and HIV information.
- Held a diabetes/hypertension health education program for patients.
- Launched monthly health & wellness programs on topics including healthy eating and hydration.
- Reinstated primary fundraiser, OysterFest, after a year's hiatus in accordance with pandemic precautions.



- Earned a Gold Rating from the National Association of Free and Charitable Clinics Quality Standards Program.



MEET RUTHIE

In May 2021, Ruthie found herself at the end of her emotional strength. Having been laid off from her position in an office due to COVID a few months before, she was struggling with anxiety, depression and severe back pain. With no insurance and limited funds, she was stuck and unsure where to turn. After she called a community agency in desperation, they recommended she call the Free Clinic.

When Ruthie started at the Free Clinic, she was given some medications to help with the back pain and emotional pain, which she said helped her somewhat. She was also referred to physical therapy which she states helped a lot.

Ruthie is still working towards feeling strong emotionally. When asked what she feels the clinic has done for her, she stated, "The clinic gave me hope. I was stuck in my house with so much emotional and physical pain. When I started at the clinic, the staff gave me compassion and support and helped me start moving forward again."

MEET GORDON

Gordon works in a physical job doing tree work and construction. He first came to the clinic as a new patient in 2020. He was previously diagnosed with diabetes, hypertension and high cholesterol and had been out of his medications for some time. During his clinic visit, he restarted his medications, received lab work, and was provided with diabetes and blood pressure monitoring supplies.

Despite following up with routine visits and medication, in fall 2021, his blood glucose levels became elevated and he needed to begin taking insulin for diabetes control. Gordon was very hesitant to start injectable medications until clinic staff educated him about the importance of diet, exercise, portion control, and medication compliance. He soon realized that injecting the insulin was not as scary as he thought and began using his medication with significant improvements in his lab work.

Gordon says that he feels so much better since starting this medication, with overall improvement in his life, mood, level of pain and more. He seems very proud of how good he feels now and the many healthy changes he reports he has made in his life. Gordon reports a decrease in his alcohol consumption and an increase in dancing!



A TASTY TRANSFORMATION

In February, volunteers from the Minority and Veteran Farmers of the Piedmont, Virginia Cooperative Extension, and Options along with advisory board members and staff took part in a free seminar led by Culpeper's Whole Heart Farms on how to assemble raised garden boxes. Four cedar boxes were constructed and installed in front of the clinic. This project transformed a space previously filled by overgrown bushes into a garden space growing fresh vegetables and herbs for patients and supporting educational opportunities. During the course of the summer and fall, bushels of tomatoes, peppers, zucchini, greens and herbs were harvested for clinic patients and neighbors.

POWELL WELLNESS CENTER / CULPEPER SPORT & FITNESS

- Through the scholarship program at Powell Wellness Center and Culpeper Sport & Fitness, low income children and adults received free or subsidized memberships totaling \$27,262.
- Nearly 2,600 people were members at Powell Wellness Center and Culpeper Sport & Fitness at the beginning of 2021. By the end of the year, membership had grown by more than 200 members.



COMMUNITY PARTNERS: KID CENTRAL

Kid Central's ongoing partnership with Culpeper Sport and Fitness and the Culpeper Wellness Foundation has continued to enrich and enhance the lives of children enrolled in its afterschool program. The positive coaching encouraged by instructors from Culpeper Sport and Fitness creates and builds healthy lifestyles, self-esteem, and improved sports performance for our children.

"This summer my camp group had fun playing on the scooters and doing yoga," said Aaliyah, a Kid Central Summer participant. The praise for CSF is not exclusive to our children.

"Culpeper Sport and Fitness is a great partnership and it offers an incredible opportunity for our Kid Central children to improve their health and learn new sports and workout routines," said Rachel Palmer, Program Director for Kid Central. "I really like that our children are gaining new experiences that they might not otherwise be exposed to."

Kid Central's multilayered partnership became even closer during the COVID-19 pandemic. The Culpeper Wellness Foundation and Culpeper Sport and Fitness stood alongside us throughout—offering grant funding for essential items for Critical Infrastructure Childcare, a resource established by Culpeper Human Services and the Culpeper County School System to meet the childcare needs of our community's healthcare professionals, first-responders, and law enforcement.

CSF's fitness instructors met the challenge and provided stress-reducing classes in the most uncertain times of this pandemic.

"Culpeper Sport and Fitness greatly enhances the opportunities we can provide for Kid Central's children during school year and during the summer," said Tasha Wilson, a Team Leader at Kid Central. "I'm also a mother with children in Kid Central and my kids really enjoy the extra programs."

—Marshall Conner, sports and marketing coordinator, Kid Central



POWELL WELLNESS CENTER HIGHLIGHTS

- 47 fitness scholarships were awarded serving 63 members.
- 238 referrals were received from physicians for individuals to participate in FitScripts medical fitness programming.
- The 5K Turkey Trot was a great success with more than 300 individuals participating after a virtual race experience was offered in 2020 in accordance with pandemic precautions. Race proceeds support medical fitness scholarships.
- The Rockwater 5K was held for the first time at Culpeper's Rockwater Park in June 2021, also for the purpose of supporting medical fitness scholarships.
- Community programs included flu shots, COVID shots, blood pressure screenings, fall prevention and pelvic floor health.
- Rock Steady Boxing, a non-contact fitness program for individuals with Parkinson's, launched in the spring and the tri-county Parkinson's Disease Support Group began meeting at PWC in the fall.



MEET RICK

As a first step in his recovery after a stroke in 2020, Rick had extensive physical therapy with Culpeper Medical Center Physical Therapy and Rehabilitation Services, co-located with PWC. In fall 2020 Rick and his wife Karen decided to become PWC members.

Initially, Rick exercised on the NuStep recumbent cross trainer, but Karen remembers that he always had his eye on the pool. She recalls, "The thought was overwhelming that he could ever get into the pool. I was worried about needing to get Rick into the water with a chair lift and using a wheelchair around the pool... you name it, I worried and so did Rick."



Rick and Karen connected with personal trainer Heather Boggess, whom he continued to work with throughout 2021. Heather says, "Once we sat down to discuss some of Rick's goals, I suggested the pool as a place to start. He wanted to strengthen his right side as that was the side affected by the stroke. I explained the benefits of water training and Rick and Karen were immediately on board. The water gives people more confidence and it's a safe place to regain more function due to being surrounded by resistance."

The main training goal for Rick was to build confidence in using the right side of his body. Karen observes, "His leg improvement has been amazing and we are hoping to work more on his right hand. Rick would still like to be able to use his right hand to eat and write but this is a big challenge since some of the challenges are unrelated to the stroke."

In their sessions, Rick and Heather constantly practice making the connection that his brain still communicates to his right side. Heather says, "We complete various drills; for instance, one where Rick aims to bring his knee to a certain area and balance without losing control on his right side. After more than 14 sessions together, he is able to walk in the water independently, and has progressed to walking more independently on land as we exit the pool."

As Rick's strength and balance developed, he and Heather began focusing on use of strength machines and other tools outside of the water environment. "We can't believe all the positives that have come out of the work with Heather," says Karen.

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CULPEPER SPORT & FITNESS HIGHLIGHTS

- Programming for local youth groups continued to attract strong interest. CSF group exercise instructors enjoyed regular facility visits with youth from Kid Central, Options and homeschool groups.
- Tumbling and taekwondo programs were filled with kids of all ages.
- Youth enjoyed tumbling, tennis and speed & agility summer camps.
- Small group and individual personal training participation was strong throughout the year with in-center, virtual and in-home options available.
- Tracie Massey, an experienced fitness professional, joined the team as the facility director and would oversee CSF's transition to the new PATH Recreation & Fitness Center (PRFC).
- Construction on the PRFC fitness space began early in 2021, and the delivery of new fitness equipment in December signaled a 2022 opening for the facility.



MEET MARIE

My family and I have been members for about five years now and I've made some great friends from constantly going to the gym over the years. About a year and a half ago my dear friend and gym buddy Christina said we should do the boot camp-style classes that personal trainer Marcus Haywood runs.



Like many people, after being stuck at home, I had put on some extra pounds and was ready to get back to it. I thought I was in decent shape, but after that first class, something clicked and I just knew I had to keep this up. Marcus met me right where I was in ability and pushed just enough. Class by class I began to notice such a difference, not only in strength, but in balance, stability, and range of motion.

I thought I was working out fine by myself, but nothing, I mean NOTHING can compare to the specifically designed workouts that Marcus puts together. He's so knowledgeable and creative. I am performing exercises and movements I never would have attempted before this class.

A year ago I decided to get really serious about losing weight and Marcus helped with meal-planning ideas, when to eat, making sure I'm getting protein. I've lost 45 pounds and several inches with his classes and a healthier diet.

Our group has grown and it's become a family, and we owe that to Marcus' ability to design and implement such a great program. I find myself scheduling things after the class time because I don't want to miss. Marcus' training classes have changed my life. Losing weight was a bonus, but being stronger, more mobile, and healthier is what's been the greatest reward. I know that if I want to hike, ski, or jump waves with my kids, my body is ready and that's so encouraging. I could not have done this on my own. Marcus and the class crew are why I'm 45 pounds lighter, healthier and will keep it up. I'm so grateful.

2021 HEALTHY LIVING GRANT RECIPIENTS

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Culpeper Presbyterian Church – Manna Ministry
Culpeper Renaissance, Inc. –
Downtown Farmers Market
Madison Free Clinic
UVA Health System Culpeper Medical Center
Orange County Free Clinic
People Incorporated of Virginia
Piedmont Environmental Council
University Physicians Orange Primary Care
Virginia Regional Transit
YoungLives Culpeper



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Healthy People in Healthy Communities



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